JAMIE TO THE RESCUE

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LONDON metro®

Tuesday, November 20, 2012

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Nice knowing you, Novack's

Founded in 1939.
Landmark downtown store staying open, but changing direction

ANGELA MULLINS
angela.mullins@metronews.ca

Looks ranged from confusion to shock on Monday as people stared at the "Store Closing Forever" signs plastered on Novack's windows.

Tears welled in owner Paul Caplan's eyes as one longtime customer stopped on the sidewalk, shook his hand and thanked him for the store's seven decades at 211 King St.

"I've been overwhelmed by the sense of affection and appreciation people have shown," Caplan said as the woman walked away.

Inside, Caplan's wife, Sandi, was fighting back tears as well, as workers hustled to put clearance prices on everything. The store has been a downtown staple since her father opened it in 1939.

"I was just folding a sweater and remembered something that happened when I was 14 years old," she said. "There's so many stories. So many."

One of the keys to the store's success was its evolution. It first opened as a music and luggage store and has served a variety of niche markets over the years, most recently recreation and travel.

Novack's owners Paul and Sandi Caplan ANGELA MULLINS/METRO

Closing the store is just another step for Novack's, the Caplans said.

A liquidation sale starts at 11 a.m. on Thursday. After that, Novack's will reopen as a uniform store. People will also be able to book tours at the store but will have to go online — at AvidNomad.com — to buy items it once carried.

Novack's started its uniform division about 10 years ago, and it's been booming for several years. The retail business has been strong as well, Paul Caplan said, noting 2012 sales are expected to top last year's.

In a way, Novack's has gotten too big, he said. Moving retail sales online is a way of drawing in the reins.

"I've always seen myself as a small-business owner," he said. "We're not a small business anymore."

Londoners react

- **@WayneWriteOn:** Let's be sure #Novack's isn't followed by Kingsmill's. If #ldnont wants retail downtown, use it or lose it.
- **@JMPengineering:** Novack's Closing is the end of an era for the avid outdoor enthusiast! Best of luck Paul and Sandi.
- **@fshin:** Lesson learned. Don't take your city's gems for granted.
- **@rtraction:** All our respect to @novacks, a stalwart of @Downtown_London and one of the coolest places to shop in #LDNOnt since 1939. You will be missed.

Paul Casavecchia, 53, of London, glances at "store closing" signs posted at Novack's (211 King St.) on Monday afternoon after finding the front door locked. The landmark downtown business will reopen at 11 a.m. on Thursday for a liquidation sale. ANGELA MULLINS/METRO

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Discover Different clicks for downtown: Merchants

Promotion. Business owners say campaign is off to a solid start

ANGELA MULLINS
angela.mullins@metronews.ca

Sue Glass has been a downtown business owner for 18 years.

The Discover Different campaign — which marked its first shopping event on Saturday — is the "first time" a promotion has really hit the mark with shoppers and merchants alike, she said.

"It was packed the whole day," Glass said about Frilly Lizard, her store at 360 Talbot St. "It seemed to be the right idea."

She's not alone.

Other business owners are also reporting solid numbers.

Chris McInnis, a relative newcomer to the downtown scene, said traffic at his store — Uber Cool Stuff (122 Dundas St.) — was three times that on his busiest day so far. His self-described "geek boutique" opened in August.

"There were lots of new faces, and I think some people who were really pleased and surprised to find a store like Uber Cool Stuff in London," McInnis said. "It was absolutely phenomenal."

Officials at Downtown London, the umbrella group charged with improving and growing business in the city's core, plan to have Discover Different shopping days twice a year.

By the numbers

40

Estimated number of downtown businesses that participated in the first Discover Different shopping day.

The campaign is built around proving to people that downtown boasts a plethora of interesting shops and a unique experience.

Businesses offered a variety of deals and special events to help draw customers in on Saturday.

Uber Cool Stuff, for example, featured one-of-a-kind toy sculptures made by local artists, while Frilly Lizard had giveaways and people posing as mannequins in its window.

Giving everyone a chance to put their own spin on the day was one of the things that made it work, Glass said.

"It seemed to click with everybody, and everybody could participate in their own way," she said.

Alec Baldwin rocks London's Leaders in Innovation dinner

30 Rock star Alec Baldwin, left, mingles with Dr. Michael Strong, dean of Western University's Schulich School of Medicine & Dentistry, and his wife, Wendy Strong, at the annual Leaders in Innovation dinner at the London Convention Centre on Monday night. Baldwin, 54, is a long-time spinal cord research advocate.

JOHN MATISZ/METRO

Crashes. Two more Sunday

In addition to the two serious motor-vehicle collisions already under investigation, London police responded to two more crashes Sunday.

At about 1:15 a.m., police arrived at an accident scene on Florence Street near Oakland Avenue. Police said a sedan struck a hydro pole, cutting it in half. Total damages are estimated at $16,500.

Kristopher Hartman, 19, of London has been charged with impaired driving.

At about 4:51 a.m., police responded to a complaint about a man asleep behind the wheel of a Dodge Caravan near Veterans Memorial Parkway and Page Street.

Officers tried to awaken the man, who hit the gas when he realized it was the police, driving the Dodge into a stopped police car. Total damages are estimated at $5,000.

Garfield Young, 28, of Pickering, Ont., has been charged with two impaired driving-related offences.

As for the two collisions already under investigation, a man and a woman remain in critical condition in hospital: The 25-year-old male driver of an SUV that collided with a transit bus on Sunday, and the 30-year-old female driver of a Porsche that was involved in a multi-vehicle crash Nov. 12.

Police said either vehicle speed or drivers' alcohol consumption contributed to these four collisions. METRO

OLG. London betting on bigger cut

The city's share of revenue from Western Fair District slots is expected to increase under a proposed new agreement with the Ontario Lottery and Gaming Commission.

Deputy city treasurer Mike Turner estimates the increase at between $100,000 and $200,000 annually if business at the slots holds steady. About $4 million flows into municipal coffers annually under the existing agreement, hatched in 1999.

The OLG has more than 750 slots at the fair district, and the city gets five per cent of net revenue from the first 450 machines. The city's cut for all additional machines is two per cent.

A new agreement — being pitched to a council committee Tuesday — would see the city paid on a sliding scale based on net revenue. London's share would be 5.25 per cent for the first $65 million, three per cent for the next $135 million, 2.5 per cent for the next $300 million and 0.5 per cent for revenue above that.

The deal, part of the province's strategy to modernize gaming, is identical to those being pitched in other communities with slots independent of resort casinos, OLG spokesman Tony Bitonti said.

If approved, the formula would take effect in April and continue indefinitely.

The city's share of slot revenue — a little more than $47.6 million since 1999 — is used largely for infrastructure projects, Turner said.

ANGELA MULLINS/METRO

Share of revenue

City's share of revenue from OLG slots at Western Fair District since 2008:

- **2008: $4.3 million**
- **2009: $3.9 million**
- **2010: $3.8 million**
- **2011: $4 million**
- **2012: $2 million (through September)**

Source: City of London

Economy. U.S. recovery to pull Ontario out of its doldrums: Think-tank

Ontario's fragile economy is hanging in against a double-barrel dose of austerity from the federal and provincial governments and may be poised for a modest rebound, the Conference Board said Monday.

"The recovery in the U.S., although slow, will help boost Ontario's exports, which are forecast to grow 4.5 per cent in 2013 and 4.4 per cent in 2014," the Ottawa-based think-tank said in a report.

"The brisk growth in the auto and parts sector will boost manufacturing, which is expected to advance at an average annual pace of 3.4 per cent form 2012 to 2014." THE CANADIAN PRESS

On the rebound

The conference projects Ontario will rebound from weak economic growth of 1.8 per cent this year to 2.1 per cent in 2013 and 2.6 per cent in 2014 as the U.S. economy regains strength.

Highway patrol

Americans caught with radar detectors

Two U.S. citizens were charged with having radar detectors in their cars after being pulled over Saturday on Highway 402. Bobby Calderon, 68, and 25-year-old Todd Radzinski have been charged with driving a vehicle with a speed-measuring warning device. METRO

Trio will be honoured

John Robinson award winners announced

Three women will be presented with John Robinson Awards for outstanding achievement in ending violence against women. Louise Pitre, Sarah Scanlon and Joanne Sherin will be honoured at the London Music Club Thursday. METRO

London airport adds cellphone waiting lot

London International Airport announced a cellphone waiting lot Monday. The parking lot is designated for pick-up vehicles only. JOHN MATISZ/METRO

YXU. Officials working on adding flights to NYC

JOHN MATISZ
john.matisz@metronews.ca

As its consumers change, so does the London International Airport.

On Monday, YXU announced 20 parking spaces close to its terminal have been designated for pick-up vehicles only. The area has been dubbed the cellphone waiting lot.

Ideally, people arriving in the Forest City will now be able to communicate better with their driver, says London International's manager of commercial services and passenger experience.

"We just decided it would be great to embrace (cellphone) technology," Gerry Vanderhoek said. "I think we all use it from the aspect of if you're looking for your buddy you can say, 'OK, I'm out front now.'"

The hope is that drivers will scrap the multitasking routine of texting or calling while driving and approach the entrance after speaking to the arrived passenger. More spaces will be added to the lot if demand warrants expansion, Vanderhoek says.

London International's cell lot is not a new innovation in the industry, with others — including nearby Toronto Pearson International Airport and Buffalo International Airport — implementing similar solutions to decrease congestion and lessen safety hazards.

In other airport news, London International CEO Mike Seabrook says an effort is being made to add big-city destinations. Five or six new places are on the radar, but no airlines are currently on board. In the handful is New York City.

6% increase in fliers

At London International, the number of fliers per day is up six per cent over last year, with the annual total of 475,000 passengers.

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Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

OHL Week 9 musings: Bulls lead the East despite scoring less than anyone

League roundup. Knights tops in goal-differential, Battalion move north, IceDogs' Strome-Ritchie tandem on scoring hot streak

JOHN MATISZ
john.matisz@metronews.ca

The London Knights are the third-best team in the Ontario Hockey League.

A couple of weeks ago, that statement seemed attainable only if everything went London's way for a stretch of time. Evidently, things have gone well.

As it stands now, the 16-5-0-2 Knights are second in the Midwest Division with 34 points, trailing the Owen Sound Attack by a single point. The Central Division-leading Barrie Colts also have 35 points.

But the Knights are tops in the OHL in goal-differential, sporting a plus-33.

Although the Knights didn't demolish the competition this weekend — winning 4-3, 5-2, and 4-3 — winning always adds to the gap between goals for and goals against.

Let's check out the rest of the league.

Bulls not scoring, still winning

Perched atop the East Division are the Belleville Bulls. Somehow, someway, they are the toast of a five-team division even though they've found the back of the opposition's net just 52 times in 22 games.

Only four Belleville players have reached double digits in points, and three of them are defencemen. By comparison, the league leader in goals for, the Barrie Colts, have nine players that have eclipsed the nine-point mark, including six with 21 or more.

Obviously, goaltending has been an integral part of Belleville's success. Boston Bruins first-rounder Malcolm Subban, arguably the favourite to start in goal for Team Canada at this year's world juniors, has a .928 save percentage.

Governors approve Battalion move

North Bay is officially a major junior hockey city, again.

London Knights forward Seth Griffith's 40 points (17 goals, 23 assists) puts him second in Ontario Hockey League scoring. JOHN MATISZ/METRO

At a league meeting on Monday, the OHL's board of governors unanimously approved the relocation of the Brampton Battalion to North Bay.

Sunk by horrible attendance numbers in the Greater Toronto Area, the move north is a no-brainer for both ownership and the league as a whole.

The Battalion's owner, Scott Abbott, has publicly stated the franchise intends on keeping its current nickname next season.

From 1982-2002, the OHL had a team in North Bay called the Centennials. It moved to Saginaw, Mich.

The team's former home, the Memorial Gardens, is set to undergo significant renovations over the summer in preparation for the 2013-14 campaign.

Dogs continue to mark up scoresheets

London Knights forward Seth Griffith is sandwiched between two Niagara IceDogs, Ryan Strome and Brett Ritchie, on the OHL's top scorers list.

The Wallaceburg, Ont., native recorded nine points in three games between Thursday and Sunday, which garnered him a runner-up mention for the OHL's player of the week.

Griffith has been electric as of late, but he's not nearly as hot as the Strome-Ritchie tandem.

The pair has combined for a ridiculous 40 points in the IceDogs' last seven games. This jolt has placed them No. 1 and No. 3 in league-wide point production, at 43 points for Strome and 38 for Ritchie.

Follow John Matisz on Twitter @Metro_JMatisz

Defined contribution

Tories propose overhaul of public-sector pensions

Ontario's Progressive Conservatives said Monday that taxpayers can no longer afford "gold-plated pension plans" for public-sector workers, but the Liberal government called the Opposition's proposals an American-style attack on the middle class.

"We have to address the dramatic unfairness in the system where you have gold-plated pensions for some and no pensions for others," said Opposition Leader Tim Hudak.

Ontario faces a $100-billion funding liability for about 90 public-sector pension plans that will only get worse if the rules aren't changed, Hudak added.

He wants the province to phase in a higher minimum retirement age for public workers and give new nurses, teachers and other civil servants a defined contribution pension instead of the defined benefit plans that 94 per cent of them currently have. THE CANADIAN PRESS

Religious festival

At least 14 dead, several injured after Indian stampede

At least 14 people were killed, including at least six children, in a stampede Monday night during a religious festival in the eastern state of Bihar, police said.

The stampede occurred as hundreds of Hindu worshippers gathered along the bank of the Ganges River in Patna to offer prayers to the sun god during the Chhath festival, according to police Superintendent Jayant Kant.

A power outage sparked panic as crowds filled a walkway leading from the riverbank into the Ganges, and people trampled one another as they fought to get to shore. THE ASSOCIATED PRESS

Abortion laws

Irish form panel to investigate woman's death

Ireland formed an expert panel Monday to investigate why an Indian woman died in an Irish hospital — and whether her life might have been saved had she received an abortion.

The case of Savita Halappanavar has focused worldwide attention on Ireland's two-decade failure to define when abortions can be performed legally to save the life of a woman.

The 31-year-old dentist died Oct. 28. Her widow says they asked for three days for an abortion to ease her pain but were refused because the fetus still had a heartbeat. THE ASSOCIATED PRESS

Vote of confidence

EU endorses new Syrian coalition

The newly formed Syrian opposition coalition received backing from the European Union on Monday in a significant vote of confidence for a movement struggling to prove its credibility and gain the trust of splintered factions.

The endorsement of the coalition as a legitimate voice for Syria's people represents a major step forward in the West's acceptance of the group, even as fast-moving events and fluid alliances are casting doubts on the direction of the rebellion.

"The EU considers them legitimate representatives of the aspirations of the Syrian people," the bloc's 27 ministers said. THE ASSOCIATED PRESS

Palestinian casualties continue to rise from Israeli missile strikes

Gaza strife. Hamas and Israel presenting ceasefire conditions to Egypt as diplomats worldwide join in to help broker peace

Israeli aircraft struck crowded areas in the Gaza Strip and killed a senior militant with a missile strike on a media centre Monday, driving up the Palestinian death toll to 100, as Israel broadened its targets in the six-day-old offensive meant to quell Hamas rocket fire on Israel.

Escalating its bombing campaign over the weekend, Israel began attacking homes of activists in Hamas, the Islamic militant group that rules Gaza. These attacks have led to a sharp spike in civilian casualties, killing 24 civilians in just under two days and doubling the number of civilians killed in the conflict, a Gaza health official said.

The rising toll came as Egyptian-led efforts to mediate a cease-fire between Israel and Hamas got into gear.

While Israel and Hamas were far apart in their demands, both sides said they were open to a diplomatic solution — and prepared for further escalation if that failed.

Casualties

- **Palestinians.** Overall, the offensive that began Wednesday killed at least 100 Palestinians, including 53 civilians, and wounded some 840 people, including 225 children, a Gaza heath official said.
- **Israelis.** On the Israeli side, three civilians have died from Palestinian rocket fire, and dozens have been wounded.

The leader of Hamas took a tough stance, rejecting Israel's demands that the militant group stop its rocket fire. Instead, Khaled Mashaal said Israel must meet Hamas' demands for a lifting of the blockade of Gaza.

"We don't accept Israeli conditions because it is the aggressor," he told reporters in Egypt. "We want a cease-ire along with meeting our demands."

An Israeli official said Israel doesn't want a "quick fix" that will result in renewed fighting months down the road. Instead, they wants "international guarantees" that Hamas will not rearm or use Egypt's neighbouring Sinai peninsula for militant activity. THE ASSOCIATED PRESS

Palestinians carry an injured man after an Israeli strike on a building in Gaza City, Monday. It was the Israeli military's second strike on the building in two days. The Palestinian militant group Islamic Jihad says another Israeli strike on a Gaza media centre killed one of its top militant leaders. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Modern warfare

Israeli tech experts fending off hackers

A concerted effort of millions of attempts to cripple Israeli websites during the Gaza conflict has failed, Israel's finance minister said Monday, claiming that the only site that was successfully hacked was back up within minutes.

Cyber-security experts said that such hacking attempts have become a new aspect of modern-day warfare and states have to invest in fortifying their virtual defences on a battleground with vague terrain.

Israel regularly fights off hundreds of hacking attempts every day, but nothing on the scale of the recent torrent of attacks.

The online group Anonymous and other protesters have barraged Israel with more than 60 million hacking attempts, according to the finance minister, Yuval Steinitz. THE ASSOCIATED PRESS

FBI declassifies docs about Stalin's daughter

Soviet dictator Josef Stalin with his daughter Svetlana Alliluyeva. Newly declassified files show the FBI was gathering details from informants on how Alliluyeva's arrival in the United State was affecting international relations after her high-profile defection in 1967. COURTESY ICARUS FILMS/THE ASSOCIATED PRESS

Newly declassified documents show the FBI kept close tabs on Soviet dictator Josef Stalin's only daughter after her high-profile defection to the United States in 1967, gathering details from informants about how her arrival was affecting international relations.

The documents were released Monday to The Associated Press under the Freedom of Information Act following Lana Peters' death last year at age 85 in a Wisconsin nursing home. Her defection during the Cold War embarrassed the ruling communists and made her a bestselling author. Her move was also a public relations coup for the U.S.

When she defected, Peters was known as Svetlana Alliluyeva, but she went by Lana Peters following her 1970 marriage to William Wesley Peters, an apprentice of Frank Lloyd Wright. Peters said her defection was partly motivated by the Soviet authorities' poor treatment of her late husband, Brijesh Singh, a prominent figure in the Indian Communist Party.

George Kennan, a key figure in the Cold War and a former U.S. ambassador to the Soviet Union and Yugoslavia, advised the FBI that he and Alliluyeva were concerned Soviet agents would try to contact her, a December 1967 memo reveals. The memo notes that no security arrangements were made for Peters, and no other documents in the file indicate that the KGB ever tracked her down.

Many of the 233 pages released were heavily redacted, with the FBI citing concerns related to foreign policy, revealing confidential sources and releasing medical or other information. THE ASSOCIATED PRESS

Hoover

In one exchange, a person whose name was redacted wrote to then-FBI Director J. Edgar Hoover, asking that he forward a letter on to "Joe Stalin's daughter."

- **Response.** The file contains Hoover's terse, three-sentence response denying his request, saying the FBI does not forward mail. "I trust you will understand," he wrote.

Ban on generic oxycodone rejected

Ottawa. The federal government will not delay, deny approval of cheaper painkillers

The federal government has rejected provincial pleas to delay or deny approval of the generic form of OxyContin, a highly addictive painkiller that has been widely abused in many small towns and remote First Nations reserves.

Instead, Health Minister Leona Aglukkaq says Ottawa will tighten licensing rules so that distributors of oxycodone have to keep better track of where the drug goes. They will now need to report spikes in sales and changes in distribution patterns, in addition to previous responsibilities to report losses and theft.

Quoted

"Banning a generic version of one drug would do little to solve the actual problem."

Health Minister Leona Aglukkaq
Pointing out there are "almost 100 authorized drugs" in the same class as OxyContin.

Aglukkaq is also telling the provinces to use their own power over doctors and pharmacists to crack down on wayward prescriptions.

"Banning all these drugs because they have the potential to be addictive would help dry up the drug supply for addicts, but would lead to pain and suffering for patients who desperately need them," Aglukkaq said in a letter to provincial and territorial health ministers.

THE CANADIAN PRESS

Prescription pills containing oxycodone and acetaminophen are shown in this June 2012 photo. GRAEME ROY/THE CANADIAN PRESS FILE

Money. Alberta premier's sister expensed public for Tory party events: Docs

New documents show the sister of Alberta Premier Alison Redford used her position as a health board executive to attend and hold Progressive Conservative party events on the taxpayers' dime.

There was money for liquor, travel, hotels, flowers and bug repellent.

Wildrose party Leader Danielle Smith, while releasing the documents Monday, said a bigger investigation is needed since Lynn Redford and those who signed off on those expenses remain executives with Alberta's health superboard.

"We've got the same people in positions today who exercised this lack of judgment, and they need to be called to account," Smith told a news conference at the legislature.

Smith said the case bridges the two scandals of health officials abusing their expense accounts — such as former Edmonton health region chief financial officer Allaudin Merali — with public institutions delivering government grant and operating money to the PC party.

"This connects with the broader story of repeated instances of illegal activity in giving donations to a partisan political party from taxpayer dollars," said Smith. "We want to know how widespread that problem is."

Alberta Premier Alison Redford
THE CANADIAN PRESS FILE

Premier Redford refused to answer questions from reporters in Ottawa, where she was giving a speech.

The Wildrose party obtained the documents under freedom of information rules. The papers pertain to Lynn Redford's spending while she was government relations adviser to the now-defunct Calgary Health Region from 2005 to 2008, well before her sister became premier. THE CANADIAN PRESS

Petitions

Conservative MPs keep abortion debate alive

It's been two months since the House of Commons rejected a controversial abortion-related motion, but Conservative MPs are using a tried and true parliamentary tool to keep the issue alive.

Petitions on abortion have been filed at least 20 times by Conservative MPs (Lawrence MacAulay of the Liberals has also presented one) since the Commons voted down a controversial backbench motion to study the definition of a human being in the Criminal Code.

THE CANADIAN PRESS

Manitoba

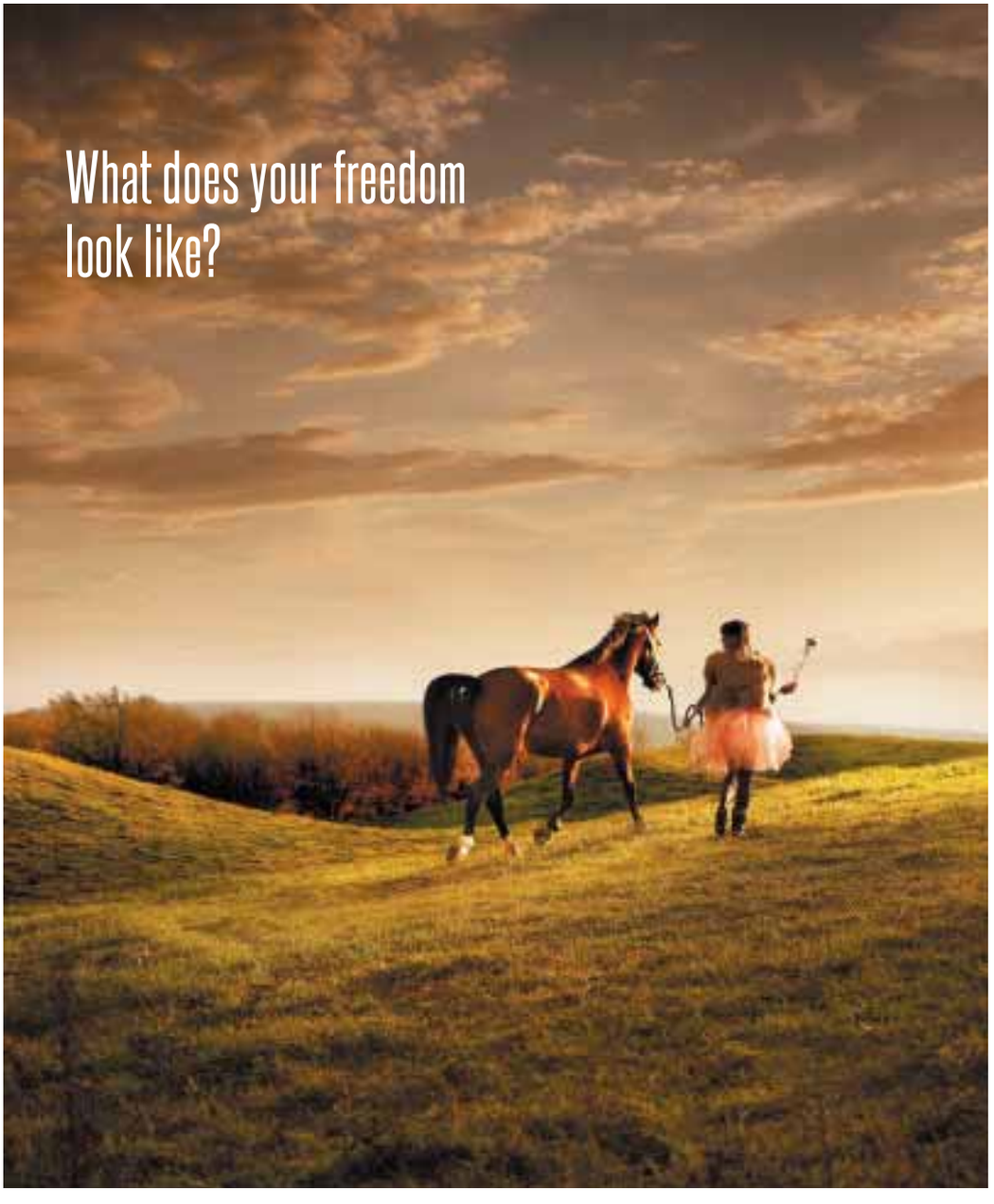
Seven plane crash survivors in stable condition

Seven survivors of a fatal plane crash in northwestern Manitoba were in stable condition in various hospitals on Monday.

Health officials said the men, who work for Dumas Mine Contracting, were being treated for non-life-threatening injuries in local hospitals.

The pilot of the Cessna 208 aircraft was killed when the plane crashed Sunday just a few kilometres from the airstrip near the town of Snow Lake.

THE CANADIAN PRESS



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Camping out for bargains

Denise Smith-Lad, left, asks her grandson Jordan Smith, 6, what he would like to eat as they camp in front of a Best Buy store in Cockrell Hill, Texas, on Monday. Smith and her family have come early to line up all week for the shopping deals available on Black Friday, the day after U.S. Thanksgiving. LM OTERO/THE ASSOCIATED PRESS

Two-week hearing

As it seeks licence renewals, CBC wants flexibility

The CBC is asking the federal broadcast regulator for more flexibility as it grapples with the new digital universe.

The strict regulatory shackles of the past don't work in today's fast-moving environment, CBC president Hubert Lacroix told a Canadian Radio-television and Telecommunications Commission hearing Monday. For instance, young people are shunning television sets for computers, a shift that has prompted the CBC to move its children's programming online.

The broadcaster is seeking five-year licence renewals for its various television and radio services.

THE CANADIAN PRESS

CRTC. BCE files new proposal to buy Astral

BCE Inc. expects that its new proposal to buy Astral Media will address the federal regulator's concern about the telecom giant dominating the television market.

Bell's chief regulatory officer Mirko Bibic wouldn't comment Monday on the possible sale of any radio or TV assets owned by Montreal's Astral to make the deal work. But Bibic said the new $3.38-billion proposal to buy Astral will address the CRTC's concern about market dominance.

"The proposal that we filed today will address the issue of viewing shares from the CRTC's perspective," Bibic said. "It's putting a package together that addresses the mechanical, numerical threshold the way the CRTC calculates it."

The CRTC killed the deal last month, saying it wasn't in the best interests of Canadians and would have resulted in an unprecedented level of concentration in the Canadian marketplace. The CRTC said if the multibillion-dollar deal had gone ahead, Bell would have controlled almost 45 per cent of the English TV viewership and almost 35 per cent of the French-language market.

THE CANADIAN PRESS

BCE president and CEO George Cope is shown in this file photo. The company has put together a new proposal to buy Astral Media, after the CRTC turned down its last pitch. THE CANADIAN PRESS FILE

Hostess bankruptcy

Twinkies haven't struck out just yet

The tasty cream-filled golden spongecakes known as Twinkies won't die that easily after all.

Texas-based Hostess Brands Inc. and its second-largest union will go into mediation to try and resolve their differences, meaning the company won't go out of business just yet.

The news came Monday after Hostess moved to liquidate and sell off its assets in bankruptcy court citing a crippling strike last week. The bankruptcy judge hearing the case said the parties haven't gone through the critical step of mediation and asked the union's lawyer if his client would participate.

Meanwhile, Canadian snack cake maker Saputo Inc. hopes that U.S. fans of Twinkies, Ding Dongs and Ho Ho's will get their fix by switching to Jos. Louis and May West.

Saputo Inc. has been making a sales push for its Vachon snack cakes into the Eastern United States for the past year.

THE ASSOCIATED PRESS

A funny thing happens when you tell kids they matter. They believe you.

An alarming 40,000 kids drop out of high school every year. Boys and Girls Clubs of Canada are committed to changing that. They provide a safe and supportive place where kids can develop confidence and life skills. They offer programs like *Rogers Raising the Grade*™ to help kids with their studies. The Club is a place where kids can drop in, so they're less likely to drop out.

ROGERS Youth Fund™ Proud supporter of Boys & Girls Club of London

With education, anything's possible.™

rogersyouthfund.com

DREAM LEARN EDUCATE LEAD CREATE

ROGERS™

VIGILANTISM AND JERK-SHAMING ON THE WEB

SHE SAYS...
Jessica Napier
metronews.ca

One of the best things about the Internet is also one of the worst: anonymity. Sadly, much of the web has become a place for inconspicuous individuals to hurl racist/homophobic/misogynistic statements into the ether without any regard for what the consequences might be once they step away from the keyboard.

But as younger generations care less and less about privacy, the barriers between real life identities and our online selves are eroding and it's becoming harder to hide behind the veil of assumed anonymity. As a result, waves of new digital vigilantes are working to expose online trolls and make them accountable for their vitriol spewing.

What not to say online

"Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon."

Earlier this month, a Canadian man created a You Hate Faggots Tumblr page in response to the proliferation of homophobic language on the web. "The hatred is rampant and in most cases the people don't even know what they're doing or saying is wrong," he says. "Faggot as a pejorative has become about as common as 'your mama' jokes." Internet users have re-appropriated the word faggot as a casual insult and use it with thoughtless abandon.

The creator behind You Hate Faggots publishes ignorant tweeters' names and photos alongside his own snarky commentary to highlight the de-contextualization of the word. "By using parody to illustrate the wrongness in using the term incorrectly, I want to show that there is a relationship between faggot and gay, whether the user understands it or not," he says.

South of the border, the writers at Jezebel took web justice into their own hands by broadcasting a list of teenage Twitter users' contact information and hometowns alongside their racist rants regarding the presidential election. Taking the crusade one step further, the blog then outed the opinionated high school students to their principals and administrators.

Some criticized Jezebel's actions as a form of cyber-bullying (these were minors after all) while others praised the blog for making young people understand that online bigotry, however offhanded it might be, can have tangible repercussions.

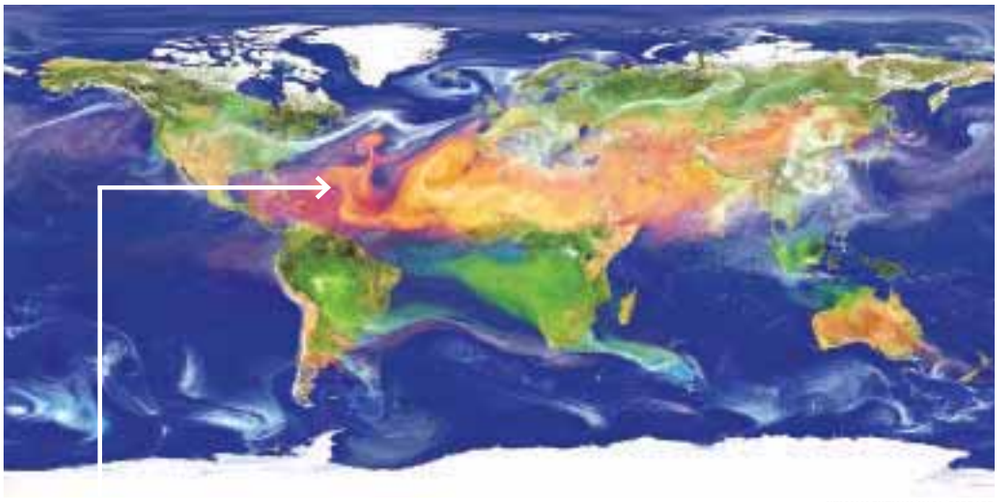
For the creator of You Hate Faggots, naming and shaming prejudiced Internet users isn't about ruining lives, but exposing the issues. "The intentions are not to troll," he says, "the objective has always been to create awareness."

Call it what you will — the naive indiscretions of youth or deep-seeded intolerance — but if you are old enough to own a cellphone and arrogant enough to share hateful opinions from an account boasting your real identity, I'm not going to feel too sorry for you if it comes back to haunt you when you start applying for colleges or begin looking for a job.

Follow Jessica Napier on Twitter @MetroSheSays

Sites such as You Hate Faggots and Jezebel publicly shame homophobes and racists. METRO

Something is in the air



WILLIAM PUTMAN/NASA/GODDARD

Earth photography

Earth's swirling gases revealed

This astonishing image from a NASA supercomputer highlights the presence of aerosols in the Earth's atmosphere.

The Goddard Earth Observing System Model version 5 (GEOS-5) can show worldwide weather at up to 3.5 kilometre resolution (pictured: 10 kilometre) as part of climate science research.

The image processing takes place in Greenbelt, Md., at the NASA Center for Climate Simulation at Goddard Space Flight Center.

METRO

Element guide

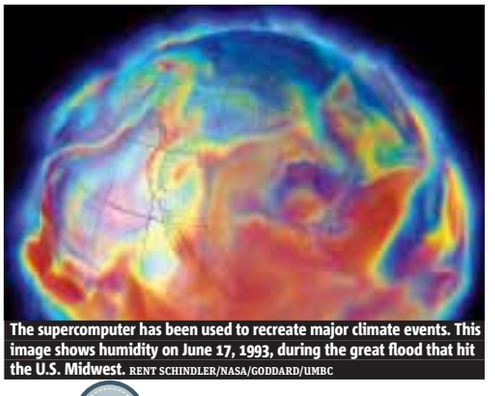
The aerosol patterns by colour:

- **Red.** Dust that has risen from the Earth's surface.
- **Blue.** Sea-salt swirls seen inside cyclones.
- **Green.** Smoke rising from fires.
- **White.** Sulphate particles from volcanoes and fossil fuel emissions.
- **Website:** For the latest on NASA's many endeavours, visit nasa.gov.

How an image is created

Facts on the supercomputer that generated the image:

- **Supercomputer's superpower.** The Discover supercomputer is located at NASA's Center for Climate Simulation. It totals nearly 15,000 processors with a peak performance of nearly 160 trillion operations per second. That's 900 times the speed of the standard Intel Core processor in your PC.
- **Time scale projections.** Discover-hosted simulations span time scales from days (weather prediction) to seasons and years (short-term climate prediction) to decades and centuries (climate change projection).
- **Weather year predicted.** NASA scientists hope the imaging techniques of the supercomputer will allow them to project weather and climatological forecasts well into the future — as far as the year 2100.

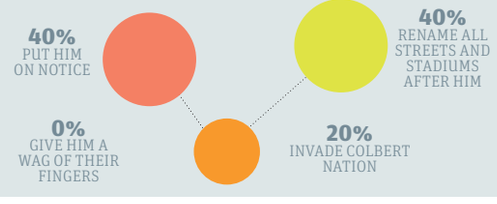


The supercomputer has been used to recreate major climate events. This image shows humidity on June 17, 1993, during the great flood that hit the U.S. Midwest. RENT SCHINDLER/NASA/GODDARD/UMBC

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

How should Windsor, Ont., (and Winnipeg) respond to Stephen Colbert's "Earth's rectum" remarks?



Twitter

@BeyondtheOnions: Didn't pack a lunch & I forgot my wallet at home. Gonna be a long, hungry day in #ldnont... gotta love Mondays!

@SaveLorneAvePS: The health and safety of our kids needs to be put above the agenda of politics. #SaveLorneAve #LDNont

@mmbc: Wow, there are emails in my #westernu account back to 2009 - apparently I forgot my MySpace password/still used MySpace

@BirthofaRunner: Exciting conversations over the last 24hrs with wise, passionate, #feminist mothers about expanding the #motherhood movement in #LdnOnt

@DeniseTesta: Was told this morning that attitude is everything. And that mine was awesome. Made for a great morning.

metro

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DVD review

The Expendables 2

Director. Simon West

Stars. Sylvester Stallone, Liam Hemsworth, Randy Couture

●●●○○

Stallone's Expendables have all reached the age where they're as likely to reach for the Botox as for the testosterone supplements, and they're not trying very hard to hide it. Especially since the success of their first film proved the enduring popularity of action heroes in their 50s and 60s, all the more so when you cram so much muscle into a single movie. The pumped-up pack has a couple of noteworthy additions (Jean-Claude Van Damme and Chuck Norris) and subtractions (Mickey Rourke and Steve Austin), plus enlarged cameos (Arnold Schwarzenegger and Bruce Willis) and returning mainstays (Stallone, Jason Statham, Dolph Lundgren, Jet Li, Terry Crews and Randy Couture). There's also the obligatory tough girl, the code-breaking and neck-snapping hottie Maggie (Yu Nan). The plot can be summed up in Barney's answer to his slicing sidekick Lee Christmas (Statham), when he's asked, "What's the plan?" Barney snarls: "Track 'em. Find 'em. Kill 'em." At no point does anybody take any of this seriously, even when the inevitable showdown occurs between Stallone and Van Damme.

PETER HOWELL

Suraj Sharma had never acted before his role in Life of Pi. The film opens Wednesday. HANDOUT

Life of why: Actor sets sights on philosophy

From student to star. Ang Lee isn't just a director, he's a guru. Pi lead Suraj Sharma talks about how Lee changed his life

HEIDI PATALANO
Metro World News in New York

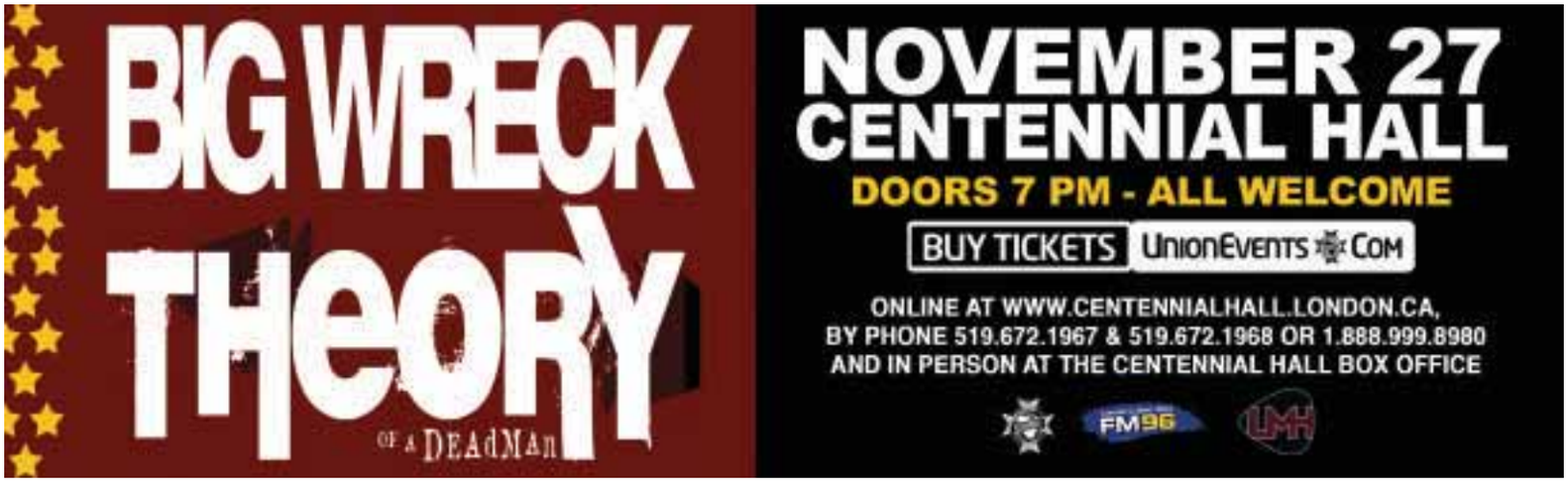
Suraj Sharma is pretty much your average student. He's polite, well-spoken and majoring in philosophy this year. He also just starred in the new epic 3D film by Ang Lee and counts the venerated director as a close friend and teacher. Sharma had never acted before he took on the title role in Life of Pi — he was selected out of thousands of non-professional actors auditioning for the part. Playing a young man adrift at sea, Sharma lost weight, gained weight, befriended a tiger named Richard Parker and learned to fish.

Along the way, he tells us, the film changed him into the man he is today.

What path were you on before this movie happened and where do you see things going now?
Before the movie I didn't really know what to do. I was in school and I was, I would say, lost … Luckily enough (director Ang Lee) picked me up, and took me to Taiwan. Over there, I changed as a person. I realized more about myself, more about everything. Working with Ang changes you, I guess. Before Pi I was really a bad student. I didn't do very well in school at all, ever, and I came back and I changed in a million ways. … I did surprisingly well in school. I didn't even know how. Suddenly I was getting like 94 per cent and stuff like that and ... now in college I'm doing philosophy, so things really changed.

Did the movie inspire you to choose philosophy?
Oh yeah. I think Ang and Pi got to me. Lying on that board and talking to Ang, you kind of start thinking on those lines, you start thinking about things, because Pi himself is this kid who asks questions like, 'What is life?' He is into philosophy of his own kind and Ang himself has a really complex philosophy, which comes through when you talk to him. ... Eventually I want to be a filmmaker, so I guess philosophy will help me in that way.

Some actors in your position might say, "Forget school and do acting full-time."
I don't know about the acting. I don't know whether I want to act professionally much. It's daunting. It's scary and it's different. I want to be a filmmaker. I want to tell stories. … I love acting now and the life (of an actor) is hard and it's different. I don't know if I'm equipped for it, but I'd like being on set. I think that's the most inspiring part of movies — just being on set. The intensity with which everybody works, 300 people just working, working, working for something maybe even three seconds long. (There are) different skills, different ideas, different backgrounds, everything just comes together and you make something and you make someone's imagination come to life.



METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Kristen Stewart ALL PHOTOS GETTY IMAGES

Stewart signs on for second Snow White, sans Sanders

Kristen Stewart has reportedly signed on to star in the sequel to Snow White and the Huntsman — though the second film in the franchise won't be directed by Rupert Sanders, with whom Stewart infamously had an affair this summer, according to Radar Online. "The script has already been written and production will begin late next year," a source close to the production says. "However, Rupert Sanders definitely won't be a part of the project. Rupert didn't want to be a part of it to begin with because he is desperately still trying to save his marriage. The search is on for a new director."

Justin Bieber

Bieber addresses the 'haters' with mom at side

Justin Bieber may be newly single, but that didn't mean he had to attend the American Music Awards solo. Instead, the 18-year-old Canadian pop star showed up with his mom, 38-year-old Pattie Mallette. While he made no mention of his split from Selena Gomez, Bieber did address his critics after winning his first award of the night, for favourite pop/rock male artist. "I want to say this is for all the haters who thought I was just here for one of two years," Bieber said from the stage. "I feel like I'm going to be here for a very long time."

The Word

Rihanna reveals nothing, journo streaker reveals all

Rihanna's 777 tour — in which she's travelling to seven cities in seven days, with a plane full of fans and journalists — reached London Monday morning, the second to last stop. But there was no sign of the superstar on the plane from Berlin. "Just one quote," chanted desperate reporters, begging Rihanna to appear.

Then things got a little Lord of the Flies. Australian Tim Dormer, a radio presenter at Nova in Sydney, decided if he wasn't going to get a story, he'd become one: After 3 a.m., he suddenly burst from the toilet — completely naked. With his long curls bouncing, he made a quick tour of economy class wearing nothing but his birthday suit. The audience cheered.

Since Rihanna wasn't around to talk to anyone, we asked the streaker:

What were you thinking?
I was bored. It was three in the morning and we were on a plane and we've been on a plane for the past five days. I thought it would be fun. And it wasn't an easy task either; I had to dive over people.

Did you plan the whole thing?
No, I was just in the bathroom and thought it would be a fun thing.

How many will see this on YouTube, do you think?
Five maybe? My mom, my dad, my gran, my boss and hopefully Rihanna.

Did you run all the way up to her?
No, I didn't get that far.

How do you find the trip so far?
I'm having the time of my life. I saw her the first day and I see her on stage every night.

TO SEE A VIDEO OF THE STREAKER, VISIT METRONEWS.CA/SCENE

Kate Middleton and Prince William

Is a royal bundle of joy on the way?

A close friend of Prince William and Kate Middleton insists the royal couple is set to announce something big next month, prompting speculation that a baby is on the way. "They're planning to make an announcement in December," Jessica Hay, a former schoolmate of Middleton's and a guest at their wedding, tells New Idea magazine, adding that the Duchess of Cambridge has gained a bit of weight recently and that "William and Kate are focused on starting a family." How focused, exactly? They've apparently already discussed the number of children they want to have — two — and that they'd prefer a son and then a daughter. "It seems very traditional but of course they'll be happy with two boys or two girls. They don't want more," Hay says. "They've discussed it endlessly and don't want to be older parents."

Katie Holmes

One Katie in the kitchen spoils the broth

As an actress and a newly single mom, Katie Holmes has a number of talents, but apparently cooking isn't one of them. "Me in the kitchen is a comedy, but it's heartbreaking for me going through it," she tells Vogue. "But for others, they probably think it's really funny, because all the pans are out and I get frustrated, and suddenly it's burning." We'll assume someone else is handling the holiday meals for Holmes this year.

Twitter

@ricky_martin
You want real advice, straight with no chasers and not sugar coated? Call a #Capricorn.

@chriscolfer
For the record, we're filming at a fancy engineering college and I hacked into the lecture hall computer to play honey badger on the screen.

@NiallOfficial
Good morning everyone! Was an early start today ! Tired

@samantharonson
"Work is the curse of the drinking class."
Oscar Wilde

LIFE 3

Jamie Oliver's 15-minute meals

Healthy eating. Forget the microwave and take-out, the celebrity chef talks about how to make a fantastic meal in record time

ROMINA MCGUINNESS
wellness@metronews.ca

Celebrity chef Jamie Oliver has released a new book to help you in the kitchen. HANDOUT

Yours in just 15 minutes. HANDOUT

You keep reducing the time of your recipe books. Why?
People are so time poor. But I promise I won't be doing time again.

But why 15 minutes? Why not 10?
If you want a proper meal fast, 15 minutes is the minimum you can do. It's the hardest book I've ever written because I wanted it to be an everyday cookbook that was healthy, nutritious and fast.

Some of the recipes are a bit fancy. I can't picture students cooking griddled tuna. Who is the book aimed at?
Everyone. From a culinary point of view, the world is a much smaller place. People are much more travelled and more read than they were 15 years ago and the stuff available in supermarkets is more robust. And they still want it fast.

Microwave meals are a pretty quick solution too...
Microwave food has became synonymous with shit food. But there's also a lot of high quality stuff. It's just never going to be amazing.

I tried one of your recipes the other night. The ricotta fritters. I'm a disaster in the kitchen. It ended up looking like a cheese omelette. But it tasted good.
You ended up with an omelette when you were supposed to do fritters. What the hell did you do?

I tried to flip them over... and made a mess.
The fritters take about one minute to make and six minutes to cook. I don't know what went wrong … do what the recipes says and it will work. I wish I could have seen it. I'd put money on the fact you used the wrong sized pan and put them too close together.

What are the biggest mistakes people make in the kitchen?
You don't need 100 knives, just three of the right ones — a chopper, paring and a bread knife. The book isn't trying to be your best friend. It's like, "You want tasty fast food? Here's the f–king rules. Do what you're told."

After a long and exhausting day at work, do you sometimes think, "F--k this, I'm going to McDonald's."
I don't normally get caught out. Although I'm famous for hating junk food, I'm not anti any kind of food. I've got nothing against a hot dog, a burger or a pizza. It's more about real food. I do the most amazing free-range pig hot dogs with slaw, home made ketchup and buns that's bloody delicious. But if ever you're in London and want a kebab, there's a place called Kebab Kid on New Kings Road that's delicious.

Would you ever eat at McDonald's?
I haven't eaten a McDonald's in 10 years.
What did you eat?
A Big Mac.

If I offered you a Big Mac right now, would you eat it?
I would. McDonald's are probably the best big fast food operator in Britain. They've done a lot of good work on their beef, their 100 per cent organic milk and free-range eggs. You can't just beat people up all the time and not pat them on the back for the good stuff they've done.

You have one minute to make a meal; what do you do?
Grab a bit of bread and some lovely ham or cheese.

Five minutes?
Some fettuccine. Use boiling water and it cooks in three minutes. Then add a few simple ingredients to that.

But your next book won't be about time.
Time is a small element of many different emotions to cooking. You can do five minutes work and something can cook for four hours.

So what's next?
100 per cent vegetarian — making massive heroes out of the things that we don't eat enough of. The craft of making vegetables utterly delicious is one that's just not known about enough. At least 65 per cent of my recipes are meat-free, the index is covered in V's, but the feedback I get from vegetarians is, "Yeah, cool, but we'd like our own book please." I've ignored it for years.

Ask The Expert: Dr. Jacob Kipfer - Naturopathic Physician

UNDERSTANDING INTRAVENOUS VITAMIN C CANCER TREATMENTS
Providing multifaceted cancer treatments aimed at treating the whole person while attacking the very aggressive disease.

DR. JACOB KIPFER
Naturopathic Physician

"I believe that with a collaborative approach a patient can benefit from the strengths of each discipline"

HIGHLIGHTS OF TREATMENT PROGRAMS
- Therapeutic concentration
- Supports Immune system
- Protects against infection
- Toxic to cancer cells
- Hydrogen peroxide
- Increases the quality of life
- Extends life
- Works with chemotherapy

All of these claims are proven with valid research.

Dr. Kipfer's patients range from people who are currently undergoing traditional cancer treatments as well as some patients that have been dismissed from cancer programs, or people who choose to go the natural only route.

He currently co-manages many patients with many oncologists striving for the most optimal range of a program that gives them their best ability to beat the disease.

FREE 15 minute Consultations

DR. JACOB KIPFER
Naturopathic Physician

1635 Hyde Park Rd.
(519) 266-3600
dr_kipfer@yahoo.ca

Man up and talk about health issues

Movember. Medical expert tells Metro why it's important men get up close and personal with their testicles to avoid cancer

RICHARD PECKETT
Metro World News

Balls, bollocks, nads, testicles... we spend enough time using them as a figure of fun (in both senses), yet we chaps are reluctant to talk about our reproductive organs in any serious capacity, especially when there's a problem.

Talking about it makes men feel emasculated, a pubic hair's width away from confessing to being a Eunuch, even.

Well, that mentality is slowly changing, thanks to education, advertising and, of course, the annual Movember moustache grow-off, which raises awareness globally of both testicular and prostate cancer.

Dr. Sneh Khemka (BUPA medical director), fondly known as Dr. Movember, is getting men to talk bollocks. Here he explains the symptoms, treatments and myths relating to men's cancer.

We're all in this together so talk about the issues affecting men. MOVEMBER

Who's at risk?
"It mostly affects men between 20 to 30, but can (affect) those up to age 45. It's very rare for men over 50. Caucasian males are more likely to suffer, but other factors include family history, fertility issues and people who have had a complication related to mumps called orchitis."

The symptoms?
"Often, it's asymptomatic, but you may experience the following: A collection of fluid in your scrotum that causes swelling (a lump), anal discomfort (this can spread to the groin or lower abdomen) and you may get a pulling sensation like you've been kicked."

The treatment?
"The most common treatment is surgical removal of the affected testicle. About 20 per cent of (UK) men who have surgery will opt for a prosthetic testicle for cosmetic appearance."

Will the cancer spread or return?
"If the cancer has spread, you may require adjunctive radiotherapy or chemotherapy depending on whether it has affected the lymph glands. However, generally, when the affected testicle has been removed, it is unlikely to return in the other testicle."

Are there any options aside from surgery?
"It's very rare to catch it early enough to avoid surgery. If the cancer is just being treated with chemotherapy or radiotherapy, then it does have a higher rate of return, which is why they usually just remove the testicle."

What you need to know

Here are some of the things you need to know.

- **Common misconceptions.** People believe that they will have problems when urinating or having sex. It's one of the few cancers that affects younger men. If you have one testicle, you can have children — you're just as able as men with two balls.
- **People believe it's incurable.** You get it from cycling or motorcycling, especially since Lance Armstrong had it. There's no evidence for this.
- **If it goes untreated.** It'll spread around the body, especially to the bones, local organs and liver. It's a fairly aggressive cancer.

Best Health

Have your kids involved in their food

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In every issue of Best Health magazine, we offer ideas for eating well and being your best. One of our regular columnists, registered dietitian Sue Mah, writes in our November issue about six ways you can get kids hooked on good food. Here are three.

Shop together.
The grocery store or farmers' market are great classrooms to teach toddlers and young children the colours and names of different fruit and vegetables. As they get older, ask them to help you pick out fresh apples or mushrooms for the shopping cart.

Give them a challenge.
At home, encourage tweens and teens to read the ingredients list on packaged foods and the nutrition label. Show them how to compare food products to pick the healthiest ones — by comparing sugar content, for example.

Help kids make informed decisions. ISTOCK PHOTOS

Play the what's missing game.
Young kids love this game. Talk about the four food groups in Canada's Food Guide, and then as you're making lunch or dinner, purposely leave out one of the four food groups. Ask your child to figure out which one is missing.

For three more ways to raise healthy eaters, pick up the November issue of Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Getting the skinny on Quebec

CELIA MILNE
wellness@metronews.ca

Desserts aren't the enemy. Deprivation is.

A new survey of eating patterns has found an interesting paradox: Even though Quebec is the thinnest province, Quebecers eat dessert more often than other Canadians. They make a point of enjoying their food.

"I think this speaks to the importance of eating regularly, and avoiding skipping meals," says Joel Gregoire, a food service industry analyst at the NPD Group, which conducted the study.

Eating dessert with dinner is most common in French Canada, occurring after 112 meals annually per person, versus 89 in Atlantic Canada, 57 in Ontario and 55 on the west coast. Yet in Quebec, 56 per cent of adults are overweight or obese, compared to a much higher 71 per cent in Newfoundland and Labrador and 68 per cent in Saskatchewan. Alberta, B.C., Nova Scotia and Ontario score in the middle (61 per cent, 60 per cent, 60 per cent and 59 per cent respectively).

To maintain a proper weight, Dietitians of Canada recommends following Canada's Food Guide and limiting foods that are high in calories, fat, sugar and salt.

Don't fear the dessert. ISTOCK PHOTOS

"Maintaining one's weight is not necessarily a function of deprivation, but rather of eating well and consistently," says Gregoire.

"Quebec consumers also tell us that when they make lunch and supper, they are more likely to prepare their meals from scratch when compared with other regions."

Perhaps the rest of Canada can learn from Mirieille Guiliano, the author of The French Women Don't Get Fat Cookbook.

"I have measured out my life with chocolate mousse, apricot tart … No regrets. My weight is still normal," Guiliano said.

Do you want to change the future?

DUAL
Dual Action of Liraglutide and insulin degludec in type 2 diabetes

If you have type 2 diabetes, you can do something: Help others like you!

Diabetes is one of the most serious health problems of our time. People with type 2 diabetes often receive anti-diabetic therapies that do not provide sustained glycaemic control and may lead to an unacceptable risk of hypoglycaemia and weight gain.

To investigate the safety and efficacy of adding a fixed combination of a GLP-1 analogue (Victoza®) and basal insulin (insulin degludec) to sulfonylurea (SU) with or without metformin in controlling blood glucose level, The Centre for Studies in Family Medicine at Western University is seeking people with type 2 diabetes to take part in a new clinical study involving this novel treatment.

- Over the age of 18
- Have type 2 diabetes
- Treated with sulfonylurea (SU) with or without metformin
- Be able to attend 11 clinic visits and 18 telephone contacts during the 29 weeks you participate in the trial

For more information with no obligation, please call the diabetes DUAL™ IV study team: Mauricio Marin or Ann Rowe at 519-661-2111 ext. 22225

Rest in peace

Farewell to the admirable Mrs. Letitia Baldrige

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Today I would like to pay homage to the late Letitia Baldrige, a dear lady who I've admired for many years. I've read most of her books and have even had the honour of interviewing her.

Mrs. Baldrige, known as the doyenne of American etiquette, passed away on Oct. 29. She was most known for her time working in the White House during the Kennedy administration as Jacqueline Kennedy's social secretary.

One of my favourite quotes from Mrs. Baldrige, known as Tish to her family and friends, involves her philosophy on life.

"There are major CEO's who do not know how to hold a knife and fork properly, but I don't worry about that as much as the lack of kindness," she said. "There are two generations of people who have not learned how important it is to take time to say, 'I'm sorry' and, 'Please' and, 'Thank you' and how people must relate to one another."

I'm very sad that we have lost this wonderful person, who believed in so many good things — the most important of them being that she believed in people.

You see, for those of you who follow both my column and philosophy of etiquette, I believe it's all about how we interact with each other that matters. The best thing about etiquette is that it puts us all at ease to know what is expected of others so that we always put our best foot forward.

God bless you, Tish. You are missed already. I will put myself in front of a roaring fire tonight and enjoy one of your books with a glass of wine in your memory.

Mrs. Baldrige sits to the right of then U.S. first lady Laura Bush. GETTY IMAGE

How to avoid an office dating disaster

Delicate matter. Try to foresee the fallout and do the relevant research prior to announcing any new work relationship

JULIA WEST
Metro World News in Philadelphia

Though the latest news scandal involves high-ranking officials, keep in mind that the broad strokes of the Gen. Petraeus affair are not unlike typical office flings.

Even if your transgressions won't make headlines, romance at work can be a dicey move if not properly handled.

Learn to manage this delicate situation -— because even if you can't resist taking your chances with the cutie in accounting, you can minimize the fallout. Before announcing your new beau, research your company's policy on the matter.

"Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation," says author Wendy Walsh, a contributor to Dating-advice.com.

If you do move forward, think about what the end of the relationship might be like. Nancy A. Shenker, co-author of Don't Hook Up with the Dude in the Next Cube, says, "Think about what will happen after a breakup. It's hard enough seeing an ex on Facebook — how will it feel to see him or her in person every day?"

Also, if you do go ahead and date the person, the quickest way to turn all of your coworkers against you is to provide special treatment to your significant other, so try and avoid this.

If you're an employer who notices an office affair, know how to approach it. "Have a policy," suggests Todd Ewan, a partner at Fisher & Phillips law firm, which represents management in workplace disputes.

"The employer will need to determine what it is willing to tolerate and not willing to tolerate. As a base point, most employers do not want to let a relationship exist between two employees if one of the employees has direct managerial responsibility for the other."

Quoted

"Don't date anyone at work if your employment contract forbids it. Your job will clearly be on the line with such a violation."

Author Wendy Walsh.

Make sure he or she is worth it and try to have some foresight before you launch into what could be a damaging office romance. ISTOCK

Bust myths about the disabled and sex

Still human.
The public's preconceived ideas need to change about the sex lives of people with disabilities

People with disabilities face any number of challenges, but perhaps the most insidious is society's unspoken belief that they are somehow asexual beings — neither wanting nor able to express that most universal of human needs.

It is a notion decidedly debunked by the film The Sessions, based on the true story of a man paralyzed by childhood polio and mostly confined to an iron lung, who at age 38 longs to experience sexual intimacy for the first time in his life.

The poignant story of writer-poet Mark O'Brien, played by John Hawkes, and his carnal awakening under the tutelage of a sex surrogate portrayed by Helen Hunt, should go a long way to dispelling the myths surrounding physical intimacy and people with disabilities, advocates say.

"The big one is this idea that people with disabilities are not sexual — not only that they literally cannot have sex, but also that they're not sexually desirable and that they don't desire sex," says Cory Silverberg, a Canadian sexuality educator working in New York City.

Silverberg says the tendency is to view sex as two people sweeping each other off their feet, "and certainly not between two people where one person might actually have to lift somebody onto the bed, because that's not seen as sexy."

Unfortunately, he says, such stereotypical thinking gets absorbed by those whose physical abilities may be limited, sometimes severely, by any of a range of conditions, among them spinal cord injury, cerebral palsy, muscular dystrophy and multiple sclerosis.

Surrounded by images of leggy models and A-list celebrities that shape society's definition of sexual attractiveness, it's no wonder people with disabilities struggle with body image and are sometimes reticent about physical intimacy, says Sandra Mills, a patient and family educator at Toronto Rehab's Lyndhurst Centre for spinal cord injury.

"When stereotypes and prejudices exist already and then you try to connect that with a disability, it makes it challenging for a person who acquires a disability to re-engage in a physical world, in a world of dating and socializing," she says.

Rich Vanderwal and his wife Carole. THE CANADIAN PRESS

Rich Vanderwal, 41, says his self-image took a severe blow after a motorcycle crash 20 years ago left him paralyzed below his armpits. He has mobility in his arms and hands, but is reliant on a wheelchair to get around.

A ski and snowboard instructor during winter and a lifeguard in summer before his accident, Vanderwal admits much of his identity had been built around his athletic ability and once-buff physique.

"I was known as the guy who took my shirt off and I had abs. I was proud of them because to me that was a sign of fitness and, of course, sexuality and all those things."

Despite his life-changing injury, Vanderwal has continued to embrace sports, playing high-level wheelchair tennis, downhill ski racing and rowing. Last year, he competed in an Ironman half-triathlon using special equipment.

He also put himself out there in the dating world.

Then he met Carole Chebaro, at the time a volunteer at Lyndhurst, where Vanderwal works part-time. They started off as friends, then began dating. Six years ago, Vanderwal and Chebaro married. Early on in their relationship, Vanderwal says he worried about whether he was meeting all of Chebaro's needs. "But it's very clear that I could meet some of the important ones." The couple hopes to soon start a family.

Vanderwal says he has tried medications like Viagra and can have intercourse "to a certain quality," but for the most part, orgasm is not through intercourse and is "modified and different now.

"There's no actual physical sensation, but all the chemical changes within the body still go on. I still get the flushing of the face, there's that euphoric feeling and certain relaxations."

One welcome reaction is a quieting down of persistent muscle spasms, a common repercussion of spinal cord damage. "A lot of my spasticity, which is there 24-7 — literally my spasticity is firing off every 15 seconds all day and all night — after orgasm that's gone for a good hour. I'm completely relaxed," he says.

Vanderwal says while the body may change with a spinal injury or as the result of a disabling disease, one's likes, dislikes, interests and desires remain intact. "It doesn't matter what body you're in. Your mind and your thoughts, it's a natural process to have attraction and want to share that sexual energy with somebody else. THE CANADIAN PRESS

Quoted

"The big one is the idea that the disabled are not sexual."

Cory Silverberg, a sexuality educator
On how people are misinformed on the attitude of disabled people toward sex

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Use your imagination to personalize Pita Chips

This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

ROSE REISMAN
for more, visit
rosereisman.com

Store-bought pita chips are deep fried, which increases their calories and fat content.

The spices in this recipe add flavour instead of oil. Feel free to substitute spices of your choice. Try a variety of different coloured and flavoured tortillas. The whole wheat version has more fibre and nutrients.

1. Preheat the oven to 350 F.

Ingredients

Perp time: 5 minutes
Bake time: 12 minutes

- 3 large flour tortillas
- 3 tbsp finely grated Parmesan cheese
- pinch of salt and pepper
- pinch of paprika
- pinch of garlic powder
- pinch of onion powder

Nutritional analysis

Per serving (about 6 chips)

- **191 calories; 6.5 g protein; 28 g carbohydrates; 2.5 g fibre; 5.6 g total fat; 1.9 g saturated fat; 4 mg cholesterol; 419 mg sodium**

Line a large baking sheet (or 2 medium baking sheets) with foil.

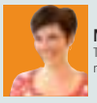
2. Slice each tortilla into 8 wedges. Arrange the wedges on the baking sheet, not overlapping. Lightly coat with cooking spray.

3. Combine the Parmesan, salt, pepper, paprika and garlic and onion powders in a small bowl. Sprinkle the seasoning evenly over the tortillas and bake for 12 minutes, or just until lightly browned.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Immunity food



NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Did someone just sneeze on you? Quick! Wash your hands and grab one of these immune foods. Nothing boosts your immune system like a healthy diet that avoids excess sugar, alcohol, bad fats and depleted white wheat, so start there first. Beyond that, there are nutrients that your body uses as tools to be sure it can fight off whatever comes flying at you this cold and flu season.

1. Probiotics

There is growing evidence that probiotics contribute to immunity in a variety of ways. Try new IOGO brand Probio Yogurt for a lactose-free version that is very tasty

2. Catechins

Green tea boasts one of the best anti-bacterial properties under study. Shoot for a couple cups daily.

3. Vitamin D

Canadians won't get strong enough sunshine from now to about April. There's a good dose in caviar; try the Greek dip called taramasalata that uses fish roe to make a yummy dip for your (whole grain) pita.

4. Vitamin E

A potent antioxidant that is best taken from food. Sunflower and pumpkin seeds are good sources.

5. Vitamin C

Still your best go to source for overall immunity. Get as much as you can from fresh fruits, kiwi is particularly high.

THERESA ALBERT IS AN AUTHOR AND ON CALL, PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

All the tastiness of candy apples in chip form

1. Heat the oven to 250 F. Line 2 baking sheets with parchment paper.

2. Using a mandoline, food processor or very sharp knife, cut the apple into very thin slices, about 1/8 inch thick. There are several ways to do this. If you have an apple corer, you can simply cut out the core, then lay the apple on its side and slice starting at one side and working your way to the other. If you don't have a corer, stand the apple upright, then begin on one side and cut slices until you reach the core. Rotate the apple and repeat until all 4 sides have been sliced.

3. Arrange the apple slices on the prepared baking sheet, being careful not to overlap. Sprinkle the apples with cinnamon, then bake for 45 minutes, or until dried and slightly crisp. Slide the parchment and apples off the baking sheet and onto a cooling rack. Let cool completely.

4. Once the apples have cooled, in a medium saucepan over medium heat, combine the caramels and water. Heat, stirring constantly, until melted and smooth. Dunk a fork into the caramel, then use it to drizzle the caramel over the apple chips. Set aside to let the caramel set.

5. When caramel has set, place white chocolate bits and shortening in microwave-safe bowl. Microwave on high in 15-second bursts, stirring between, until melted and smooth. Using a clean fork, repeat the drizzling similar to the caramel. Set aside to let the white chocolate set.

6. Once the white chocolate has set, melt the dark chocolate candy melts in a clean bowl using the same method as the white chocolate. Once melted, dunk a clean fork in the melted chocolate and drizzle over the apple chips. Let cool until the chocolate is set. Store in an airtight container for up to a week.

This recipe serves eight. MATTHEW MEAD/ THE ASSOCAITED PRESS

THE ASSOCIATED PRESS

Ingredients

- 1 large apple
- 1 tsp cinnamon
- Half of a 14-oz package caramel candies, unwrapped
- 1 tbsp water
- 1/2 cup white chocolate bits
- 1 tsp shortening
- 1/2 cup dark chocolate candy melts

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Branding yourself: What do employers really want to see?

Alison on Money.
What are companies looking for when they're searching out the best and brightest young workers?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Last week, I read a fascinating article about big corporations such as Telus and SNC Lavalin moving all or part of their head offices to downtown Toronto in order to attract the best and the brightest to their company.

However, it is considerably more expensive than locating in the suburbs.

So what is the reason for this trend? The answer is all about demographic culture.

Youth today is different than it was a generation or two ago, just as employment is different.

Many of our parents worked at the same job their entire lives. This isn't likely to be very common in the future.

Increasingly, under-40 employees don't want to spend their lives commuting and they desire a vibrant, downtown lifestyle. They're also the first generation since Henry Ford that isn't wedded to the automobile.

These changes got me thinking about what companies are looking for when they're searching out the best and brightest, because it has a big impact on how younger workers should present and educate themselves over the course of their careers.

Employers probably still want you to be clean and reasonably well-groomed. ISTOCK IMAGES

In numbers

47%

The number of second generation Canadians who will belong to a visible minority by 2031.

Here's a peek at the corporate wish list.

1. Traditional virtues still hold
Your style may be to look like a tattooed, studded wolverine, but employers still want you to be a clean and reasonably well-groomed tattooed, studded wolverine.

Also promptness, politeness, the ability to converse and demonstrate a modicum of organizational skills are still important qualities.

2. Technology
You don't need to be a computer expert unless you intend to run the IT department, but you do need to be competent enough to make connections between the newest technology and your company.

3. Networking
Companies increasingly value the networks that employees bring with them.

Networks add tangible value by giving the company access to resources, people and ideas.

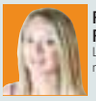
4. Language
By 2031 Statistics Canada projects that over a quarter of Canadians will be foreign born with visible minorities comprising 63 per cent in Toronto, 59 in Vancouver and 31 per cent in Montreal.

Knowledge of other languages and cultures is highly desirable.

Knowing what companies want and educating yourself accordingly raises the odds of being considered among the best and the brightest in the coming downtown corporate culture.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

How to save thousands on your 2012 taxes



FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Early in November, H&R Block released the results of a survey that revealed that less than one-third of Canadians plan to take actions toward reducing their 2012 taxes by year-end.

You can save thousands of dollars on your 2012 taxes by planning ahead. Boost your tax savings with these tips.

Contribute to your RRSP by March 1, 2013 and receive a powerful tax credit.
You can contribute up to 18 per cent of your income, to a maximum of $22,970.

Besides the tax credit, when your funds are invested wisely, you can benefit from appreciation, dividends, interest and distributions.

Give
Make a charitable donation before Dec. 31.

A donation over $200 in 2012 is worth a 29 per cent federal credit instead of a 15 per cent credit for donations under $200.

You can also donate publicly-listed securities to registered charities or private foundations without being subject to capital gain taxes and still receive a tax receipt for your donation. Pay medical expenses by Dec. 31 to maximize your 2012 medical expense claim.

Review your stock portfolio
Review your portfolio before year-end to determine if you can find a tax advantage in taking a loss or cashing in a gain.

Dec. 23 is the deadline for making a trade if you want it recorded on your 2012 tax return.

Plan a wise move
If you're going to move to a new province, check the provincial tax rates before deciding the moving day.

You are subject to provincial tax in the province where you reside on Dec. 31.

So if there is a substantial difference in the tax rates, you may want to either speed up or defer the move.

Make Registered Education Savings Plan (RESP) contributions before Dec. 31
Parents can take advantage of the Canada Education Savings Grant by contributing to a child's RESP. The lifetime RESP contribution limit is $50,000, with no annual contribution limit. The maximum annual RESP contribution that qualifies for the CESG is $2,500, providing a grant of $500 annually.

Taxable income
If you've received a lump sum pay from an employer, cashed in an RRSP, sold an investment property, or collected employment insurance, there are tax implications. Prepare a calculation of your taxable income. There may be strategies to reduce your tax bill by Dec. 31.

Get organized
Grab a file folder to keep your receipts for all tax-related expenses.

Always consult a tax professional when reviewing your taxes to ensure you're benefiting from all tax saving opportunities.

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Selig signs off on Jays-Marlins trade

MLB. Naming new skipper is next up on Toronto GM Anthopoulos's to-do list

New Blue Jays pitchers Josh Johnson and Mark Buehrle watch a game against the Yankees on April 1 at Marlins Park.
MIKE EHRMANN/GETTY IMAGES FILE

The Blue Jays, flush with the knowledge that major league baseball has OK'd the club's controversial trade with Florida, are poised to name their new manager.

Baseball commissioner Bud Selig approved the 12-player Jays-Marlins trade on Monday after a longer than usual review. Jays fans — relieved by the news and excited about the loaded, revamped lineup — can now turn their attention to the managerial hiring. GM Alex Anthopoulos, the talk of the baseball world and the Toronto sports scene, even during Grey Cup week, has been hinting that an announcement is near — perhaps as early as Tuesday, when Anthopoulos has a press conference scheduled to discuss the Marlins deal.

It's also possible that the managerial decision will happen closer to baseball's winter meetings, which start Dec. 1 in Nashville, to steer clear of Grey Cup week.

Interestingly, word out of Boston, where John Farrell is now posted in his dream job as manager, is that the Red Sox could have made a similar deal with the Marlins, but elected not to.

Selig took a week to approve the deal — sending Josh Johnson, Mark Buehrle, Jose Reyes, John Buck and Emilio Bonifacio to the Jays for Yunel Escobar, Henderson Alvarez, Adeiny Hechavarria, Jeff Mathis and three top prospects.

Marlins fans believed Reyes and Buehrle were signed last winter to revitalize Florida as a playoff contender as the franchise moved into a new ballpark — built in part with a multimillion-dollar Miami tax fund that Selig pushed for.

Instead, the Marlins, having already dealt former batting champion Hanley Ramirez and ex-closer Heath Bell during the season and dumped $163.75 million in guaranteed salary through 2018.

"It is my conclusion that this transaction, involving established major leaguers and highly regarded young players and prospects, represents the exercise of plausible baseball judgment on the part of both clubs, does not violate any express rule of Major League Baseball and does not otherwise warrant the exercise of any of my powers to prevent its completion," Selig said in a statement.

"I am sensitive to the concerns of the fans of Miami regarding this trade, and I understand the reactions I have heard. Baseball is a social institution with important social responsibilities and I fully understand that the Miami community has done its part to put the Marlins into a position to succeed with beautiful new Marlins Park."

With the deal done, the focus returns to the manager search, although the reported signing of free-agent outfielder Melky Cabrera to a two-year, $16 million deal has yet to be formally announced.

TORSTAR NEWS SERVICE

Cox not coming back

Last week, the Blue Jays reportedly reached out to former manager Bobby Cox, who said he has no plans to end his retirement.

NHL

Fehr sets agenda for latest round of negotiations

Gary Bettman and Donald Fehr have returned to the bargaining table.

The leaders of the NHL and NHL Players' Association were scheduled to resume negotiations on a new collective bargaining agreement Monday evening.

The two men discussed the possibility of taking a break from talks last week, but Fehr thought it would be best if the sides continued to meet. The NHLPA's executive director initiated the gathering at the NHL's New York office and was responsible for setting its agenda.

The evening bargaining session was expected to include owners, general managers and players along with the key negotiators for each side.

THE CANADIAN PRESS

NFL

Source says Pats' Gronkowski out 4-6 weeks

No more end-zone spikes for a while from Rob Gronkowski.

A person familiar with the process said Monday the New England Patriots tight end expects to be sidelined for four to six weeks after having surgery for a broken left forearm. The person spoke to The Associated Press on condition of anonymity because there was no official announcement.

THE ASSOCIATED PRESS

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CFL

Weighty wager for Grey Cup mayors

The Argonauts and the Stampeders aren't the only ones with bragging rights on the line in the upcoming Grey Cup championship.

The mayors of Toronto and Calgary — the two teams' respective hometowns — are also getting in on the action.

Calgary Mayor Naheed Nenshi proposed a friendly wager that would see the losing city's mayor donating his weight in food to the winning city's food bank.

The loser would also wear the winning team's jersey for a council meeting. Nenshi issued the challenge to Toronto Mayor Rob Ford on Twitter. Hours later, Ford tweeted acceptance, adding the Calgary mayor would "look great in Argo blue!"

THE CANADIAN PRESS

Tears for Toronto.
Prime minister cried when Argos lost 1971 Grey Cup

The Toronto Argonauts' stunning loss to the Calgary Stampeders in the 1971 Grey Cup prompted tears in front of the television from the boy who would eventually become Prime Minister Stephen Harper.

But he says he'll be siding with the westerners when the two teams meet again in Toronto on Sunday.

Harper was a 12-year-old growing up in Toronto when the teams clashed for the cup in Vancouver, with the Argonauts looking for their first Grey Cup in almost 20 years. The Argos were on the Calgary 11-yard-line with under three minutes left when running back Leon McQuay slipped on the rain-slicked turf and fumbled. Calgary recovered, couldn't make a first down and punted, but the Toronto receiver accidentally kicked the ball out of bounds, turning it over to the Stampeders to run out the clock.

"I think that was the only time that I cried in front of the TV at a sports event," Harper said Monday as he answered questions at a Canada-U.S. business forum. THE CANADIAN PRESS

Quoted

"We had been waiting for 20 years. I was growing up in Toronto. Obviously, the Argonauts were my team." Prime Minister Stephen Harper

Horoscopes

♈ Aries
March 21 - April 20
If what you are doing with your life is not to your liking then change it. The Sun's move into Sagittarius tomorrow will encourage you to head off in a completely new direction. What are you waiting for?

♉ Taurus
April 21 - May 21
Even if your money situation is dismal, things will improve dramatically over the next few days so don't despair. An improved outlook might help as well. There are more important things in life to worry about than cash.

♊ Gemini
May 22 - June 21
The Sun crosses the partnership angle of your chart tomorrow, making it essential that you get along with people on a one-to-one level. Think of everyone you meet as your friend — and you will benefit in remarkable ways.

♋ Cancer
June 22 - July 23
If there is anything strenuous that needs to be done, you should get it out of the way today because when the Sun moves into the wellbeing area of your chart tomorrow, you probably won't be up to it. Get going.

♌ Leo
July 24 - Aug. 23
By all means, be active but look ahead a few moves as well. It will spare you a lot of setbacks and maybe a few cuts and bruises too. And try to be patient with people who move more slowly than you.

♍ Virgo
Aug. 24 - Sept. 23
No matter how fit you may feel right now, the exertions of the past few weeks will catch up with you quite quickly. Plan a few quiet evenings in with loved ones. They will appreciate it — and so will you.

♎ Libra
Sept. 24 - Oct. 23
The cosmic picture is beginning to change and by the end of the week you will be getting out and about and meeting new people. Friendships and love affairs are under excellent stars — just don't get them mixed up!

♏ Scorpio
Oct. 24 - Nov. 22
You have done a lot in recent weeks and can feel proud of yourself, but over the next few days you will have to work even harder to safeguard your gains. The price of success is eternal vigilance.

♐ Sagittarius
Nov. 23 - Dec. 21
Clear out all that is old and worthless in your life so there is room for bigger and better things to come in. That applies to people as much as to possessions. Your own needs must come first now.

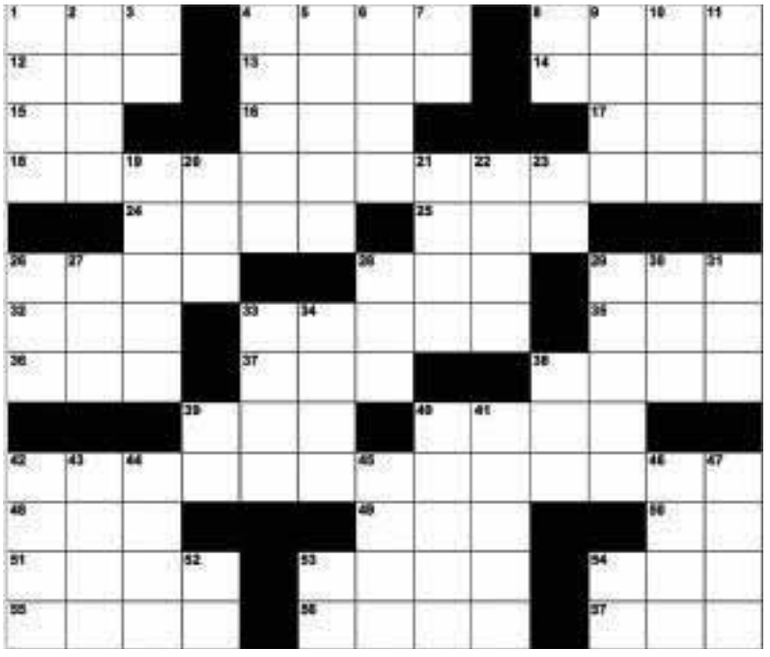
♑ Capricorn
Dec. 22 - Jan. 20
The next few weeks are going to be of the utmost importance. Think about what you want to be doing from the time of your next birthday for the following 12 months. How can you prepare the ground? Start now.

♒ Aquarius
Jan. 21 - Feb. 19
Positive thinking can take you only so far. At some point you have to move from thinking to doing. The Sun's change of signs tomorrow will show you new ways to get ahead. Hard work must come from you.

♓ Pisces
Feb. 20 - March 20
It is time to decide, once and for all, what your priorities are going to be. Don't listen to what other people tell you, listen only to your own inner voice. The choices you make now will have long-term consequences. **SALLY BROMPTON**

Crossword

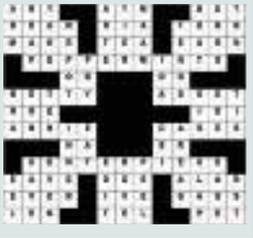
BY BETTY MARTIN



Across
1. Southern st.
4. Rig
8. — Network Canada
12. Light
13. British bus
14. Erected
15. Railway extension
16. "Con —"
17. Term of endearment
18. Drive in the country to see these (2 words)
24. Bratty children
25. Wager
26. Actress — Ward of Once and Again
28. Hawaii's Mauna —
29. Corner —
32. Before
33. Talk show host DeGeneres
35. Actors Norton and Murphy
36. Reply (abbr.)
37. Pilfer
38. Suit accompaniment
39. — the season
40. Nickel or dime
42. 1970's John Ritter sitcom (2 words)
48. Exclamation of surprise
49. Entourage role
50. Apiece (abbr.)
51. Angers
53. Proofreaders word
54. Aries sign
55. Skirt edge
56. — than Perfect
57. Vocalized pauses

Down
1. Type of market
2. To Sir, With Love singer
3. Tree chopping tool
4. Used on an envelope
5. Moran, and others
6. Copage of Julia
7. — a Big Girl Now
8. Radio dial
9. Waikiki island
10. Aroma
11. Lairs
19. Floor coverings
20. Thurman of Kill Bill
21. Woodwind instrument
22. "— on Me"
23. Bible pt.
26. Health resort
27. Eagle
28. Law degree (abbr.)
29. Actress Davis of Commander in Chief
30. Commercials
31. Fast jet, of old
33. A great lake
34. Defeat
38. Exclusive area of a nightclub
39. – Diem
40. Centres
41. Leave out
42. — Old House
43. Rodent
44. Perlman of Cheers
45. The Curious Case of Benjamin Button actress Blanchett
46. Close by
47. Sweet potatoes
52. Size before med.
53. She played Ellie Bartowski in Chuck (init.)
54. Concerning (abbr.)

Yesterday's Crossword



What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	9	3					5	
4					9		8	
5			2		3	6		
	4			7		5		1
7		1		5			9	
		9	4		8			7
	2		7					3
	6					8	4	

Yesterday's Sudoku

6	1	9	3	7	4	5	2	8
8	4	7	9	5	2	3	1	6
3	5	2	6	1	8	9	7	4
9	7	8	5	2	3	6	4	1
2	3	5	4	6	1	7	8	9
4	6	1	7	8	9	2	3	5
1	9	4	2	3	6	8	5	7
7	2	6	8	4	5	1	9	3
5	8	3	1	9	7	4	6	2

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Loan amounts are subject to net pay and other qualification requirements and this offer is available for new customers only that are Ontario residents. Under this offer for a $200 payday loan for 14 days the cost of borrowing is $10 for each $100 advanced. As such, under this offer for a loan of $200 for 14 days, the cost of borrowing is $20, with a total payback amount of $220 and APR of 261%. For a $300 loan for a term of 14 days made under this offer, the cost of borrowing would be $20 on the first $200 advanced and $20 on the next $100 advanced for a total cost of borrowing of $40, with a total payback amount of $340 and APR of 348%. Regular fees apply on subsequent loans and the cost of borrowing at Cash Money in Ontario is $20 per $100 per each $100 advanced. On a $300 loan for 14 days, the cost of borrowing is $60, with a total payback amount of $360 and APR of 521%. The maximum allowable cost of borrowing under payday loan agreements in Ontario is $21 per each $100 advanced.